

FITNESS & DANCE

Fitness Fusion



Stamina + Strength + Stretch + Serenity

Come experience joyful low-impact cardio dance plus a fusion of strength training, yoga, stretch, and relaxation techniques. In addition to a history of keeping on top of the latest cutting edge fitness with a balanced approach, our morning class has a long tradition of creating a wonderful community environment. This class brings together all the tools to encourage a healthy, whole you. Join us!

Instructor: Ann Wade AFPA, YogaFit trained, BA

Dates: Mon, Wed, Fri Ongoing
No class on holidays)

Time: 8:30-9:30am New Time!!
new students

Please arrive 20 minutes early to register

Fee: \$8 per class with 10 punch card
purchase (\$80) or \$10 drop in fee

Age: 13 and up **Class Limit:** 10-50

Beginning Yoga



Yoga truly is for everyone! Maintaining strength and flexibility throughout our lifetime is the key to having an enjoyable and vital life, now and in the future. Come experience a focused exercise that will leave you feeling energized and centered.

Instructor: Cheryl Lindberg

Dates: Tuesdays & Thursdays Ongoing

Time: 9-10:15am

Fee: \$8/class or \$70/10 class card

Age: 12 and up

Class Limit: 5-20



Ballet Folklorico Citlali



Ballet Folklorico Citlali is a group that teaches and performs traditional Mexican Dances to a large variety of music in a fun, energetic environment. New members are always welcome to workout while dancing, meet new people from the community, and have a great time.

Instructor: Miguel Trejo

Dates: Tuesdays & Thursdays Ongoing

Time: 6-7:30pm

Fee: \$15 / Month

Age: 9 and up **Class Limit:** 10-25

Ballroom Dancing



Do you love to watch "Dancing with the Stars"? Why not get off the couch and experience the fun of ballroom dancing for yourself. Dancing is a great way to meet new friends as well as an enjoyable form of exercise. Even if you are sure you have two left feet these classes will show you how easy it can be to dance comfortably with a partner. Basic step patterns will be covered as well as variations and more advanced technique for those with dance experience. Singles and couples and dancers of all levels are welcome. For more information please visit our website at www.BallroomLessons4You.com

Instructor: Christine Rinne and Mark Mullen

Session I: 2/9-3/16 Foxtrot and Swing

Session II: 3/23-4/27 Rumba and Waltz

Time: 6:30-8pm Tuesdays

Fee: \$60 /6 week session

Age: 15 and up

Class Limit: 8-60